

Unit 7

Old habits and new experiences

CONTENT

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LESSON 1 *Sami's favourite sport*

A Complete with a word from today's article about Formula 1.

- 1 The competitors have to run ten times round the race circuit.
- 2 Studying maths is compulsory for everyone. You don't have a choice.
- 3 There is always a big crowd of people at Formula 1 races.
- 4 One lap of the Olympic running circuit is 400 metres.
- 5 Student must not talk during the exam.
- 6 He needs medical help. Call a doctor.
- 7 Players can have a practice game before the match starts.
- 8 Put your CD in a protective plastic bag to keep it safe.
- 9 If you know the answer, raise your hand.
- 10 The parking official will show you where to park.





Make new words.

Make adjectives from nouns

	Noun	Add/take off	Adjective
1	helmet	+ ed	helmeted
2	wall	+ ed	walled
3	distance	ee + t	distant
4	accident	+ al	accidental
5	speed	+ y	speedy
6	clothes	+ ed	compulsion

Make nouns from adjectives

	Adjective	Add/take off	Noun
7	compulsory	ory + ion	compulsion
8	important	t + ce	Importance
9	special	+ ity	specialty





Complete using one of the new words from Exercise B.

- 1 A helmeted man walked into the shop. I asked him to take his helmet off.
- 2 The boys' clothes were green, but the girls were all clothed in white.
- 3 This restaurant makes really special kabsa – it's their specialty.
- 4 This news is important to everyone, but it is of particular importance to students.
- 5 It happened by accident. It was accidental.
- 6 The house had a walled garden. It was safe for the children to play there.
- 7 I can't wait for a long time, so please send a speedy reply.
- 8 He lives in a distant town, so it will take him a long time to get here.



Make sentences with *mustn't*.



1 You mustn't take photographs here.

2 **You mustn't cycle here .**

3 **You mustn't eat or drink here.**

4 **You mustn't smoke here .**

5 **You mustn't feed the birds here.**

6 **You mustn't use your mobile here .**

7 **You mustn't park here.**

8 **You mustn't dive here.**





Read and circle *True* or *False*.

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News

Today was a special day for the students of Mumtaz School because they ran their first photograph competition. It was very successful. It wasn't compulsory to send a photograph but nearly everyone did.

Competitors had to put their own photographs on the classroom walls before 12 o'clock. The officials published the names of the winners at 4pm but the competitors didn't have to stay all the time. During the afternoon crowds of people came to see the photographs. The winner was Ahmed M. After winning, he raised the silver cup and took it on a lap of the room.

Nearly all the photographs were excellent. Only one photograph wasn't good. Sami hasn't had a lot of practice with his new camera. His photograph was completely black because he forgot to take off the protective plastic cap!



Mumtaz School hasn't had a photograph competition before.

True

False

2 The students all had to send a photograph to the competition.

True

False

3 The competition officials put the photographs on the walls.

True

False

4 The competitors found out the names of the winners at 12 o'clock.

True

False

5 The competitors had to stay for the whole afternoon.

True

False

6 A lot of people visited the competition.

True

False

7 The winner walked round the room with the cup.

True

False

8 Sami's photograph wasn't good.

True

False



LESSON 2 *Grandma used to like the area*

A Reorder the letters to make words from the article Grandma's Old House.

1 cribk brick

2 realthe leather

3 tracin curtain

4 trocenec concrete

5 doogs goods

6 dum mud

7 selojua jealous

8 lareamit material

9 elets steel



Match the words to the pictures.

1 curtain

2 wall

3 building

4 oven



C Write sentences. Say what the things in Exercise B are made of.

1 The curtain is made of material.

2 **The wall is made of brick**

3 **The buildings is made of**
concrete

4 **The oven is made of mud**





Make sentences using the present tense and *used to*.

- 1 desert/small villages (live) big cities

People used to live in small villages, but now they live in big cities.

- 2 the population/2.5 million (be) more than 30 million

The population used to be 2.5 million but now it's more than 30 million.

- 3 nomadic (be) live in one place all year

People used to nomadic but now they live in one place all year

- 4 horse/camel (travel) car/plane

People used to travel b horse or camel but now they travel by car or plane.

- 5 many doctors (not/have) hospitals/all over

There didn't use to be many doctors but now there are hospitals all over .

- 6 many/schools (not/be) education/free/everyone

There didn't use to be many schools but now education is free for everyone.





Read and circle *True* or *False*.

Saudi Stars

Our Town

Many years ago, our town used to be a busy little place. First, of course, there was the library (where I worked), a post office and two banks. Then, as well as some general food shops, there used to be two butchers' shops, four bakeries and a fish shop. There were clothes shops, shoe shops, shops selling material of all kinds and even a leather goods shop. The streets always used to be full of

people and we could get everything we needed by walking a few hundred yards.

Now however, the town is very different. Most people have cars and they shop in the big supermarkets outside town. Or they visit the shopping malls in the city. Many of our small shops have closed since the old days and the streets are very quiet now.





The writer used to have a shop in the town.

True

False

2 Many shops only sold one kind of thing.

True

False

3 The shops didn't sell the same things as each other.

True

False

4 People used to shop on foot.

True

False

5 One shop only sold things made of leather.

True

False

6 The shops didn't have everything people wanted.

True

False

7 Nothing has changed very much.

True

False

8 People prefer to shop in bigger shops now.

True

False





Write a description of the area where you live or somewhere you have visited.

Use these questions to help you.

- 1 Is your area modern or traditional? Has it changed?
- 2 What materials are the buildings made of? Are they tall?
- 3 Are the streets quiet, or full of cars and people?
- 4 Are there shops or other houses near you?



LESSON 3 *Young achievers*

A Complete the crossword.

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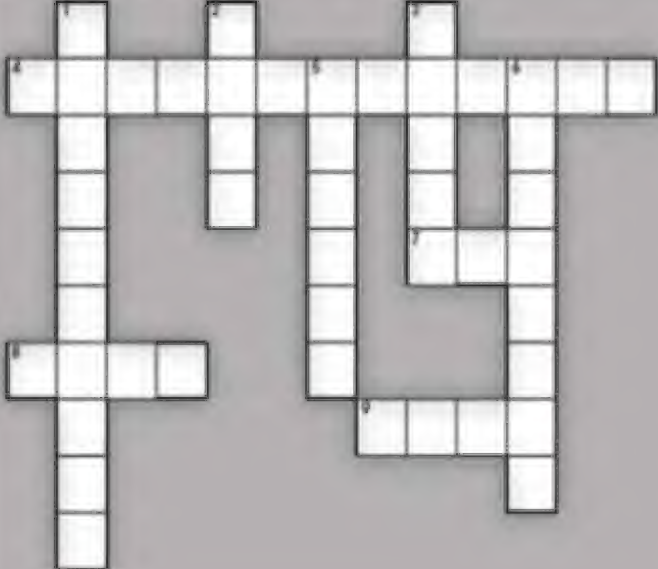
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The Marhaba quiz




Across

- 4 amazing **Extraordinary**
- 7 a way to travel over snow **ski**
- 8 to do better than, to win **beat**
- 9 the very north or south of the Earth **pole**

Down

- 1 something that has happened to someone **experience**
- 2 somewhere to stay for a short time **camp**
- 3 temperature less than zero **minus**
- 5 the best ever done **record**
- 6 someone who succeeds in an activity **achiever**





Make sentences with correct form of the present perfect or the past simple of the verb in brackets.

- 1 We/two days/in the camp/last week (spend) We spent two days in the camp last week.
- 2 Why/not/you/your homework/yet/? (do) Why haven't you done your homework yet ?
- 3 They/the record/just (beat) They have just beaten the record
- 4 They/never/to the South Pole before (ski) They have never been to the South Pole before
- 5 Have/you/ever/a medal/? (win) Have you ever won a medal ?
- 6 I/my own record/yesterday (beat) I beat my own record yesterday .



Read the text and complete the table.

Another extraordinary young achiever is Ismail Al-Sabani. Ismail is from Saudi Arabia. He was born in Jeddah, on 25th April 1989, and he is a runner. His favourite distance is 400m. He has competed in international competitions since he was 16. He ran in his first race at the World Youth Championships in 2005. He has already won a number of gold medals. He won his first 400m gold medal in 2008 at the Asian Junior Athletics Championships. It must have been a fantastic experience.

As well as winning the gold medal, Ismail ran the race in 46.33 seconds. This was a record time for him. Since then, he has beaten his own record! In May 2009, he ran 400m in only 45.74 seconds.



Runner profile

Name		¹ Ismail Al-Sabani	Date of first competition		⁶ 2005
Born	Date of Birth	² 25.04.1989	First gold medal	Date	⁷ 2008
	City	³ Jeddah		Distance	⁸ 400m
	Country	⁴ Saudi Arabia	Fastest time	Date	⁹ May 2009
Age began racing		⁵ 16		Speed	¹⁰ 45.74 seconds





Look at the table and answer the questions about Yahya Hassan Ibrahim Habeeb.

Runner profile

Runner profile		
Name		Yahya Hassan Ibrahim Habeeb
Born	Date of Birth	2 nd April 1986
	Country	Saudi Arabia
Favourite distance		100m
Other distances		200m, 60m
Age began racing		15
First international competition		2001 (Dammam)
Fastest time	Date	May 2006
	Speed	10.28 seconds
Medals (100m)	Silver	2002 Cairo, Pan Arab Junior Championships
	Gold	100m December 2006 Asian Games, Doha (beat Naoki Tsukahara of Japan)





1 When and where was he born?

2nd April 1986 in Saudi Arabia

2 What distance does he usually run?

He usually runs 100m

3 How long has been a runner?

He has been a runner since he was 15

4 How fast is his record time?

His record time is 10.28 seconds

5 When did he achieve it?

He achieved it in may 2006

6 How many medals has he won?

He has won two medals

E

Write about Yahya Habeeb. Use your answers to Exercise D to help you.



Unit 8

Spare time

CONTENT

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132



133



134



135



LESSON 1 *The weather was so nice that I went to the park.*

- A** Circle these words in the wordsearch. Words can go down (↓) or up (↑), forwards (→) or backwards (←), or diagonally (↘).



Saudi Stars

Quizzes and games

deal with

landfill
resource

reason

R	E	S	O	U	R	C	E
H	E	A	U	N	G	Z	P
D	E	A	L	W	I	T	H
T	Y	U	S	P	S	F	K
C	V	B	N	O	T	Q	W
L	J	G	D	A	N	N	R
P	O	N	L	R	C	S	I
L	L	I	F	D	N	A	L





Read and answer the questions that follow.

People use billions of drinks cans every year. How should we deal with them after **they** have been used? We could get rid of them in a landfill, but there's a better solution – we recycle them into new ones!

Most drinks cans are made of aluminium. Aluminium is a valuable metal and a very useful resource. It isn't heavy and so **it** is very good for light objects such as drinks cans.

Producing new aluminium cans uses a lot of energy. As well as being expensive, using such a lot of energy is bad for the planet. However, recycling doesn't need as much energy as producing new aluminium. The energy saved by recycling one aluminium drinks can is enough to run a television for three hours. Recycling is so much better for the planet, and it's cheaper. That's two very good reasons to recycle!



1 Write the words in the passage with these meanings:

a a closed metal object for liquids can b not heavy light

2 What do these words refer to?

a line 1: they cans b line 3: ones cans

c line 5: it aluminum d line 10: it recycling

3 What two solutions are there for dealing with old aluminium cans? Put them , get rid of them in a landfill ,

4 How much energy do we save by recycling one can? Enough to run a television for three hours

5 What are the two very good reasons for recycling aluminium? It is much better for the planet , it's cheaper





Write the letter of the correct word in the space.

- 1 Mum will tell me c if I drop my rubbish in the park.
a away b out c off d of
- 2 Don't throw that plastic bag _____. I will use it again tomorrow.
a off b away c with d up
- 3 How can I get rid ____ this old mobile phone?
a with b of c away d off
- 4 Recycling is a good way to deal ____ glass bottles.
a with b off c away d for
- 5 He finished his drink and then he looked ____ a bin for the empty can.
a at b after c up d for
- 6 Turn ____ the television if no one is watching it.
a down b on c off d away
- 7 Don't leave the lights ____ when you leave the room.
a on b up c with d off
- 8 When you leave, pick ____ your rubbish and take it home.
a off b away c to d up



Complete with *such a(n)* or *so*.

- 1 Wood is such a valuable resource that we shouldn't waste it.
- 2 The results of using landfill are so bad for the planet that we must find better solutions.
- 3 It is so hard to get rid of batteries that we have to take them to a special place.
- 4 Paper is Such an easy material to deal with that children can help to recycle it.
- 5 Aluminium is Such an expensive material to produce that we can't afford not to recycle.
- 6 I was so annoyed with the children for dropping their rubbish that I told them off.





Write a paragraph about recycling. Use some of these questions to help you.

Why should we recycle? What's the reason?

Who can recycle?

Which materials or goods are easy to recycle? How can we do it?

What can we do with goods that are hard for us to recycle?

If we all recycle well, what will the result be?



LESSON 2 *Did you sleep well?*

A Complete the crossword.

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1 S P E C I A L I S T

2

3

4

5

6

7

Across

1 an expert in something, often medical **specialist**

3 a change in position **movement**

4 very quickly **rapidly**

6 what you imagine when you are sleeping **dream**


7 the part of the head that thinks **brain**

Down

2 goods needing electricity are **electrical** goods

3 something you remember **memory**

5 over a long time, e.g. **during** the afternoon





Complete the sentences with the correct form of the words from Exercise A.

- 1 People often have strange dreams when they are asleep.
- 2 You should see a specialist if you have a serious health problem.
- 3 Jim had many happy memories of the time he spent in Saudi.
- 4 He walked so rapidly that he beat everyone into class.
- 5 Old electrical goods like computers and televisions can be hard to get rid of safely.
- 6 The recycling centre is only open during the day.
- 7 Parrots have quite small brains; however they are surprisingly intelligent.
- 8 One month after breaking his leg, he still found movement difficult.





Change the adjectives into adverbs.

By adding -ly

1 beautiful beautifully

2 brave **bravely**

3 nervous **nervously**

4 successful **successfully**

By taking off -y and adding -ly

5 busy busily

6 lazy **lazily**

7 hungry **hungrily**

8 thirsty **thirstily**

By taking off -le and adding -ly

9 fashionable fashionably

10 probable **probably**

11 possible **possibly**

12 suitable **suitably**





Write these sentences using adverbs.

1 Fred is a faster reader than Jim.

Jim reads faster than Fred.

2 Huda is a confident speaker.

Huda speaks confidently

3 Salma is the hardest worker.

Salma works the hardest

4 He is as good a runner as you are.

He runs as well as you run

5 Hassan is a neater writer than Ibrahim.

Hassan writes more neatly than Ibrahim





Read the passage and put these sentences in the correct order.

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The Dream

Heirlooms • The Dream

Last night, I had a dream. In it, I was somewhere dark and strangely quiet. At first, I was alone. I was waiting patiently for something to happen. Suddenly my brother arrived, shouting noisily. I smiled happily at him but he ran past quickly and disappeared. Then everything was different and I was in a forest. The trees grew densely there. I saw an old woman clothed all in black. She was much smaller than me. She was the smallest person I have ever seen. I spoke to her politely but she didn't answer. She looked at me mysteriously and laughed softly. Bravely, I started walking towards her. However, she disappeared when I was nearly there. I looked around nervously, and immediately, I was falling down a deep hole. Then I woke up. I was lying on the floor!





A He fell.

☐

F He woke up.

☐

B He wanted to talk to the woman.

☐

G The woman went away.

☐

C His brother disappeared.

☐

H His brother came.

☐

D It was dark and he was alone.

☐

I He walked towards the woman.


☐

E There was an old woman.

☐

J The woman laughed.

☐

 Who or what do the words in **bold** refer to?

1 Line 1: it the dream

2 Line 4: there **In the forest**

3 Line 6: her **The old woman**

4 Line 7: there **At the old woman**

F Write about your dream. Use adverbs to say **how** people were doing things.



LESSON 3 *Muslims in Britain*

- A** Rearrange the letters to find words from the passage in the Student's Book.
Write them next to their meanings.

crenovt croftay damaborsas

1 the chief official of an embassy

ambassador

2 to change from one thing into something else

convert

3 a building where goods are regularly produced in large amounts

factory





Read the passage and answer the questions.

Bedouin are nomadic people who live in the deserts of Arabia. Traditionally, Bedouin lived by keeping animals: camels, goats and sheep. Animals are a valuable resource but they need water and food. Deserts are places where there is so little water that nothing much grows. However, an oasis is somewhere in the desert where water is so plentiful that plants grow well.

So the Bedouin used to move regularly from one oasis to another to find food and water for their animals. In the desert, the Bedouin lived in low black tents, made of wool or camel hair. These tents could be packed up and moved easily from place to place. Today, many Bedouin have converted from such a difficult way of life to living more comfortably in modern cities.



1 If something is *plentiful*, what does it mean?

- a Plants grow there. b There is plenty of something. c It is very dry.

2 In an *oasis*, plants grow well because ...

- a an oasis is in the desert. b you can find food and water there. c there is enough water.

3 Keeping animals in the desert is difficult because ...

- a there isn't enough water. b there is an oasis. c animals are a valuable resource.

4 Why did the Bedouin have to move so often?

- a Because they lived in tents. b To find fresh food for the animals. c They were nomadic.

5 Where do you think the material for their tents came from?

- a their animals b shops c an oasis

6 Today, most Bedouin ...

- a still live traditionally. b have a difficult way of life. c have moved to a city.





Complete with the correct country or name for a people.

Country	People	Country	People
¹ <u>India</u>	Indian	Saudi Arabia	² <u>Saudi</u>
³ <u>Pakistan</u>	Pakistani	England	⁴ <u>English</u>
⁵ <u>Yemen</u>	Yemeni	⁶ <u>Britain</u>	British
⁷ <u>Oman</u>	Omani	⁸ <u>Jordan</u>	Jordanian
⁹ <u>Qatar</u>	Qatari	¹⁰ <u>Sudan</u>	Sudanese





Complete with the correct form of the word from Exercise B.

- 1 People who come from Britain are British.
- 2 People who come from India are Indian.
- 3 People who come from Jordan are Jordanian.
- 4 People who come from Pakistan are Pakistani.
- 5 People who come from England are English.
- 6 People who come from Saudi Arabia are Saudi.
- 7 People who come from Sudan are Sudanese.
- 8 People who come from Yemen are Yemeni.
- 9 People who come from Qatar are Qatari.



Make sentences with *who* or *where*.

1 someone/tell/what/weather/like/weather forecaster

Someone who tells you what the weather will be like is a weather forecaster.

2 library/can/go/borrow/books A library is a place where you can go to borrow books.

3 someone/repair/cars/mechanic **Someone who repairs cars is a mechanic**

4 recycling centre/place/can/get rid of/old possessions

A recycling centre is a place where you can get rid of old possessions

5 person/make/wooden furniture/carpenter **A person who makes wooden furniture is a carpenter**

6 locker/place/can/leave/things/safely **A locker is a place where you can leave your things safely**





Describe your lifestyle for someone in England to read. Try to use *where* and *who* if you can.



Unit 9

Quizzes and questions

CONTENT

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139



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LESSON 1 *Not too difficult to answer*

A Complete the crossword.

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Across

- 1 a small space between two objects **gap**
- 2 a sign with writing for information **notice**
- 4 not generous with money **mean**
- 6 not wide, thin **narrow**
- 8 a large amount of something **plenty**

Down

- 1 you can wear one on each hand in cold weather **glove**
- 3 what a businessman works for or runs **company**
- 5 it goes on the wall and holds things like books **shelf**
- 7 not strong, not able to carry much **weak**





Complete the sentences. Use too ... to.

1 Why can't we go to the shops? (far/drive)

It's too far to drive.

2 Why can't you have lunch at two o'clock? (hungry/wait)

I'm too hungry to wait.

3 Why can't you fill out that form tomorrow? (important/wait)

It's too important to wait





Complete the sentences. Use *not ... enough ...*

1 Why can't we dive in the pool? (deep/be safe)

It isn't deep enough to be safe

2 Why can't animals talk? (intelligent/learn)

They aren't intelligent enough to learn

3 Why can't you finish your book? (quiet/read)

It isn't quiet enough to read



Match the activities with the possible results.

- | | | |
|--|----------|-----------------------------|
| 1 I'm not good enough to ski alone yet. | d | a I might get thirsty. |
| 2 The museum isn't exciting enough to visit. | c | b I might be sick. |
| 3 The zoo is too hot and noisy to be enjoyable. | e | c I might be bored. |
| 4 It's too far to travel without water. | a | d I might have an accident. |
| 5 That programme is too mysterious to watch tonight. | f | e I might get a headache. |
| 6 It's too bumpy to go in the car. | b | f I might have bad dreams. |





Read the dialogue and answer the questions.

Andy: *What shall we do today? Do you want to go skating?*

Bob: *No, I don't have enough money to go skating.*

Andy: *Why not go for a walk then? That's really cheap!*

Bob: *Well, I think it's too cloudy to go for a walk. It might rain.*

Andy: *How about visiting the museum?*

Bob: *No, the museum is too crowded to visit on a Saturday.*

Andy: *Is the football match too expensive for you to afford?*

Bob: *No, but the stadium is too far away to get to. We might be late for dinner.*

Andy: *Well, let's stay at home then. I'm too comfortable to move now.*

Bob: *Oh no! It will be too boring to stay here all day! We might argue.*

Andy: *Oh. OK. So what shall we do?*



1 Why can't Bob go skating?

Because he doesn't have enough money.

2 What is Andy sure won't be too expensive?

Going for a walk

3 What does Bob think might happen because of the clouds?

It might rain

4 Why will the museum be too crowded?

Because it is Saturday

5 Is the football match too expensive?

No (it isn't)

6 What two problems are there with staying at home?

It's too boring . They might argue.





Write a dialogue like the one in Exercise E.

Make a few suggestions and say why you can't do them. Say what might happen.



LESSON 2 E-mails and letters

- A Circle these words in the wordsearch. Words can go down (↓) or up (↑), forwards (→) or backwards (←), or diagonally (↘).

Quizzes and games



Saudi Stars



advice although due to improve
lonely nerves swap





Complete the sentences with the words from Exercise A.

- 1 Due to the bad weather, we won't be able to fly to London today.
- 2 Ali and Ahmed swap books regularly, so they can check their work.
- 3 I didn't know what to do, so I asked my friend for her advice.
- 4 She drank warm milk to calm her nerves.
- 5 She was lonely at her new school until she made some friends.
- 6 although she was ill, she still went to school.
- 7 Your English will improve faster if you practise more.





Read and circle *True* or *False*.

Saudi Stars: Parrot questions

I'd like to buy a parrot. Have you any advice?

It would be a good idea to think about the particular kind of parrot you want. Smaller parrots are less noisy than the bigger birds, but in general, they aren't as good talkers.

What do parrots eat?

They need lots of fruit and vegetables. You should never feed them chocolate because it makes them ill.

What about a cage?

You'd better buy the largest cage you can afford. And, although it's expensive, steel is the best value for money.

Parrots are so intelligent that they get bored easily, so try to give them toys to keep them busy and give them exercise.

Should I let my parrot out?

Yes, but you ought to stay in the room. It's too dangerous to leave parrots alone as they may destroy your furniture.





- 1 Small parrots are noisy.
- 2 Big parrots are better talkers than small parrots.
- 3 Parrots can eat apples and bananas.
- 4 Parrots can sometimes have chocolate.
- 5 A large cage is a good idea.
- 6 You shouldn't buy a steel cage because they are too expensive.
- 7 Parrots get bored quickly because they are intelligent birds.
- 8 It is dangerous to be alone with your parrot when he is out of his cage.

True

☒ False

☒ True

False

☒ True

False

True

☒ False

☒ True

False

True

☒ False

☒ True

False

True

☒ False





Write replies to these problems. Give advice. Use the language from Exercise C.

Saudi Stars



Readers'
letters

1

I'd like to improve my diet. Can you give me some advice?

2

I need to exercise more, but running is too boring to do regularly. Have you any suggestions?

3

Due to swapping schools this year, I've no friends and I'm really lonely. What can I do?

4

My best friend won't talk to me, although I don't think I've done anything wrong. Help!



LESSON 3 *What is it?*

A Reorder the letters to make words from the passage in the Student's Book.

1 elc cell

2 cloxmep complex

3 glayax galaxy

4 earth heart

5 namelt mental

6 nargo organs

7 tropine protein

8 slicaphy physical

9 naitvim Vitamins





Complete the sentences. Use the words from Exercise A.

- 1 A galaxy is a group of stars.
- 2 A mental picture is a picture you only imagine.
- 3 Fresh fruit and vegetables give our bodies the Vitamins they need.
- 4 The heart and the brain are two important organs in the body.
- 5 Languages are so complex that it takes a long time to learn a new one.
- 6 protein comes from foods like lamb, milk, fish and eggs.
- 7 cell are the smallest working parts of our bodies.
- 8 Try to eat enough fruit and vegetables to keep your heart healthy.
- 9 If you are ill, a doctor may give you a physical examination.





Match the sentence with the correct extra information.


- | | | |
|---------------------------------|----------|---|
| 1 Hippos are very large animals | d | a which jump through trees in the jungle. |
| 2 Parrots are birds | e | b which give us honey. |
| 3 Bees are insects | b | c which have very big ears. |
| 4 Monkeys are animals | a | d which spend a lot of their time in water. |
| 5 Rabbits are animals | c | e which can learn to talk. |

D Put the words in the box in groups of three. Choose the best name for each group.

ancient ankle stomach desert head jungle mountains
oasis old prehistoric river sea

'Not new'	<u>ancient</u>	<u>old</u>	<u>prehistoric</u>
Body parts	<u>ankle</u>	<u>stomach</u>	<u>head</u>
Environment	<u>desert</u>	<u>jungle</u>	<u>mountains</u>
Water	<u>river</u>	<u>oasis</u>	<u>sea</u>





Read and answer the questions.

Marhaba Website

<http://www.kingfaisalschool.org/marhabawebsite>

Marhaba

HOMEREADERSSTORIESINSPIRATIONTOPICSNEWS

Egypt

A Egypt is a country which has a long history. The first Egyptians were hunters and fishermen who started to grow food and keep animals. Today, however, Egypt is a modern country which has a population of nearly 80 million. The capital is Cairo, which is a fascinating city.

B Much of Egypt is desert where nothing grows. However, there is the River Nile, which is the longest river in the world, and which floods every year. After the floods leave, the earth is very fertile. Fertile earth means earth which is good for growing plants. So now there is an area near the river which is covered with farms.



1 Choose the best title for each paragraph.

- a Food production today **B** b Background history **A**

2 How did people live in Egypt, before they started to grow their food? _____

They were hunters and fishermen

3 What is the population of Egypt today? _____ **Nearly 80 million**

4 Write two pieces of information about the River Nile.

a **It is the longest river in the world**

b **It floods every year**

5 Why do plants grow well after the floods go? _____ **Because the earth is fertile**





Write about Saudi Arabia. Use *who*, *where* and *which*. Use Exercise E to help you.

Fact file

Name: Saudi Arabia

Capital: Riyadh

Population: 27 million

Official language: Arabic

History: nomads, desert, animals

Today: modern cities, roads, schools,
hospitals

Resources: oil, gas

Tourists: museums, souks, shopping malls



Unit 10

Healthy , helpful and
hardwork

CONTENT

142



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144



145



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LESSON 1 Healthy food

Complete the crossword.

Quizzes and games



Saudi Stars



Across

- 1 things which are unhealthy to eat **Juice food**
- 5 carrots and onions are examples of these **vegetables**
- 9 (see 10 down) **grain**
- 11 something which is difficult to understand or deal with **complicated**

Down

- 2 a kind of small fruit which some trees produce and which is in a hard protective cover **nuts**

- 3 an illness which is made worse by eating too much sugar **diabetes**

- 4 long, green and thin or small and round **beans**

- 6 easy to understand or do **simple**

- 7 an illness **disease**

- 8 olive oil is a much healthier **fat** cook with than butter.

- 10 **Whole** bread has more vitamins than white bread.





Complete with *so* or *neither* and the right form of the verb.

- 1 Tomatoes are really a kind of fruit. So is a nut.
- 2 Due to her diabetes, Ann never eats sugar. Neither do her parents.
- 3 I'm looking forward to the weekend. So are we.
- 4 Ahmed had a strange dream last night. So did Fahim.
- 5 I eat some fresh fruit every day. So does Huda.





Complete with *a, an, the, some, any*, or nothing (X).

- 1 X gold is so expensive that I can't afford to buy any.
- 2 some foods have too many calories to be healthy.
- 3 Can I have an orange? I'm sorry, I don't have any oranges, today.
- 4 Have a banana. It is full of X vitamins.
- 5 The healthiest diet is one with some protein, lots of fresh food, and not much fat.





Choose the best title for each paragraph. Write the paragraph numbers in the spaces.

- | | | | |
|----------------------------------|----------|-----------------------------|----------|
| a What to eat for healthy teeth. | 3 | b Visiting a dentist. | 4 |
| c How to clean your teeth. | 2 | d When to clean your teeth. | 1 |

- 1 You should clean your teeth not less than twice a day. The sugar which is left in your mouth after eating will destroy your teeth, so try to brush them after every meal. Fruit also has sugar in it, and is as bad for your teeth as cake!
- 2 Clean your teeth carefully. Less than two minutes isn't long enough. And you ought also to clean the gaps between your teeth where food can stay. An electric toothbrush is best. If you can't clean your teeth, how about drinking some water?
- 3 Make sure you eat a good diet and drink enough low-fat milk. Milk will give you calcium which is necessary for building strong bones and teeth.
- 4 It's also a good idea to visit your dentist regularly. He/she is the only one who can really tell you if your teeth are healthy or not.





Answer the questions.

- 1 What is left in your mouth after eating? Sugar
- 2 Where can food stay? The gaps between your teeth
- 3 What is necessary for building strong bones and teeth? calcium
- 4 Who can tell you if your teeth are healthy or not? Your dentist





Write a reply from Julie to this letter.

Do you think this is a good idea? Give advice. What could Ann offer to do? Make suggestions.

Saudi Stars



Readers'
letters

Dear Saudi Stars

I never get any sweets because my mum says they are bad for my teeth. She always gives me a healthy snack for school. Do you think I should swap it for my friend's chocolate?

Ann

Dear Ann,

I



LESSON 2 *A doctor's story*

A Reorder the letters to make words from the passage on page 80.

1 forfe offer

2 eli lie

3 stugges suggest

4 trebulo trouble

5 crondise consider

6 groine ignore

7 gamnea manage

8 grentsar stranger





Complete the sentences with the correct form of the words from Exercise A.

- 1 I was so tired that I suggested not cleaning my teeth.
- 2 She might not be Ignoring you – maybe she's too scared to speak to you.
- 3 He left his gloves lying on the table.
- 4 I'm sure you'll manage to make friends quickly at your new school.
- 5 Julie offered to write an article for the newsletter.
- 6 You ought not to give your personal information to strangers.
- 7 Have you suggest talking to your teacher about your problems?
- 8 It was kind of you to go to so much trouble to help me.





Complete with the correct forms of the verbs in brackets.

Alan: Will you ¹be going away (be/go away) on holiday this summer, Fred?

Fred: Well, we can't ²Afford to go (afford/go) abroad, this year, but Mum and Dad are ³Considering visiting (consider/visit) friends in the country.

Alan: Don't you ⁴Like living in the country? (like/live)

Fred: I don't ⁵Mind spending time (mind/spend time) there. But I'd ⁶Prefer to stay (prefer/stay) in a hotel. Staying with strangers is too much trouble when you ⁷Want to relax (want/relax). I ⁸Suggested looking (suggest/look for) a cheap hostel but Mum thinks hostels aren't comfortable enough.

Alan: Well that's not as bad as me. I will ⁹Be spending (be/spend) a week with my cousins in their tent. That's much worse! My little cousin is too young to be any fun and the older one will probably ignore me. And I will ¹⁰Have to sleep (have to/sleep) on the ground at night. I hate ¹¹Hate lying (lie) on the ground – it's so bumpy that I never manage ¹²To sleep (sleep) very well.

D

Write the story you talked about on page 81. Use the questions there to help you.





Test yourself. Match the word and the meaning.

- | | | | | | |
|------------|----------|-------------------------|----------------|----------|---------------------|
| 1 collapse | d | a check for mistakes | 6 proofread | a | f beautiful writing |
| 2 sound | h | b far away | 7 develop | c | g feelings |
| 3 survival | j | c make bigger or better | 8 remote | b | h noise |
| 4 emotions | g | d fall down suddenly | 9 champion | e | i the end of life |
| 5 death | i | e winner | 10 calligraphy | f | j staying alive |





Complete the sentences.

1



First we have to get across
the river.

2



Then we go along the ravine.

3



Next we go below the bridge.

1



Then the path goes
through the trees.

2



Let's set out immediately.

3



Come back safely!





Complete the table with the correct forms of the verbs.

	Present simple	Past simple	Past participle
1	am, is, are	was, were	been
2	choose	chose	chose
3	do	did	done
4	eat	ate	eaten
5	find	found	fouud

	Present simple	Past simple	Past participle
6	go	went	gone
7	lose	lost	lost
8	see	saw	seen
9	take	took	taken
10	write	wrote	written





Write sentences about the boys and their books.

Use *more, the most, fewer, the fewest*.

1 Adel has fewer books than Yazeed and Sami has

The most.

2 Yazeed has **Fewer books** than **Sami** but he has

more than **Adel**.



Adel Sami Yazeed



LESSON 3 *For and against*

A Complete the sentences. Use the words from the box.

against difficulty ~~editions~~ favourable keep in touch
negative positive texting unfavourable

- 1 The girls have managed to produce four editions of their newsletter this term.
- 2 A mobile is too expensive for Julie to use to keep in touch with her friends in England.
- 3 Texting is a way of communicating which is easy, quick and cheap.
- 4 The girls have had very few e-mails which were unfavorable about the newsletter.
- 5 Nobody who worked on the newsletter feels at all negative about it.
- 6 One disadvantage of mobiles is the difficulty of getting rid of old ones.
- 7 Older girls in particular have a favorable opinion of our newsletter.
- 8 I'm not against mobiles in general, only mobiles in the classroom!
- 9 Luckily, editing the newsletter has had a very positive effect on Dalal's English.





Complete the sentences. Use words from the box.

as a result because due to in case so ~~so ... that~~ such a/an ... that

- 1 I'm so fond of vegetables that I've always eaten a good diet.
- 2 Editing *Saudi Stars* has been **Such a** positive experience **that** I'd like to do it again next term.
- 3 It's been interesting, but on the other hand, it's taken a lot of time, **So** I may not.
- 4 Lena has given Julie her e-mail **In case** there's a problem and they need to stay in touch.
- 5 I've never learned to swim and **As a result**, I don't enjoy going to the beach.
- 6 We've had a lot of transport problems **Due to** the bad weather.
- 7 I haven't taken any photographs **because** nobody has sent me any articles yet.





Write about you. Write five things you do or don't do. Write the reason why/why not. Use Exercise B to help you.





Write the word group. Write *N* for noun, *V* for verb, *Adj* for adjective and *Adv* for adverb. (There may be more than one of each kind in the same line.)

- | | | | | | | |
|---|----------|----------|-------------|----------------|---------------|-----------------------------------|
| 1 | resource | <u>N</u> | resourceful | <u>Adj</u> | | |
| 2 | fat | <u>V</u> | fatty | Adj , N | | |
| 3 | improve | <u>V</u> | improved | <u>Adj</u> | improvement | <u> </u> |
| 4 | consider | <u>V</u> | considerate | Adj | inconsiderate | Adj consideration <u>N</u> |
| 5 | reason | <u>V</u> | reasonable | Adj | unreasonable | Adj reasonably <u>N</u> |





Complete the sentences. Use the correct word from each line in Exercise D.
(The line numbers match those from Exercise D.)

- 1 She always finds a solution to a problem; she is very resourceful .
- 2 Fat is bad for your heart; you ought not to eat too many fatty foods.
- 3 There has been a great improvement during this week and I'm much better now.
- 4 You have brought me flowers! How thoughtful and considerate you are.
- 5 There is no reason for you to be angry; you are being unreasonable





Complete with the right form of the verb in brackets.

- 1 I have broken three cups since Monday. (break)
- 2 It was so dark this morning that I fell over my bag. (fell)
- 3 She Has flown many times. (fly)
- 4 They Have given Jim a lift every day this week. (give)
- 5 They Have written for the newsletter for a whole term. (write)





Write one word for each meaning.

- 1 wanting something which someone else has _____
- 2 general information about a topic _____
- 3 very easy and uncomplicated _____
- 4 a building where workers produce goods _____
- 5 to be successful _____
- 6 the opposite of wide _____
- 7 part of a road which goes round in a circle _____
- 8 the answer to a problem _____
- 9 a temperature below zero _____
- 10 a material made from animals _____

